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OTTAWA • TUESDAY, AUGUST 12, 2008

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Health Pg12

How to handle raw food on the barbecue



Get sun to avoid early grave: Study

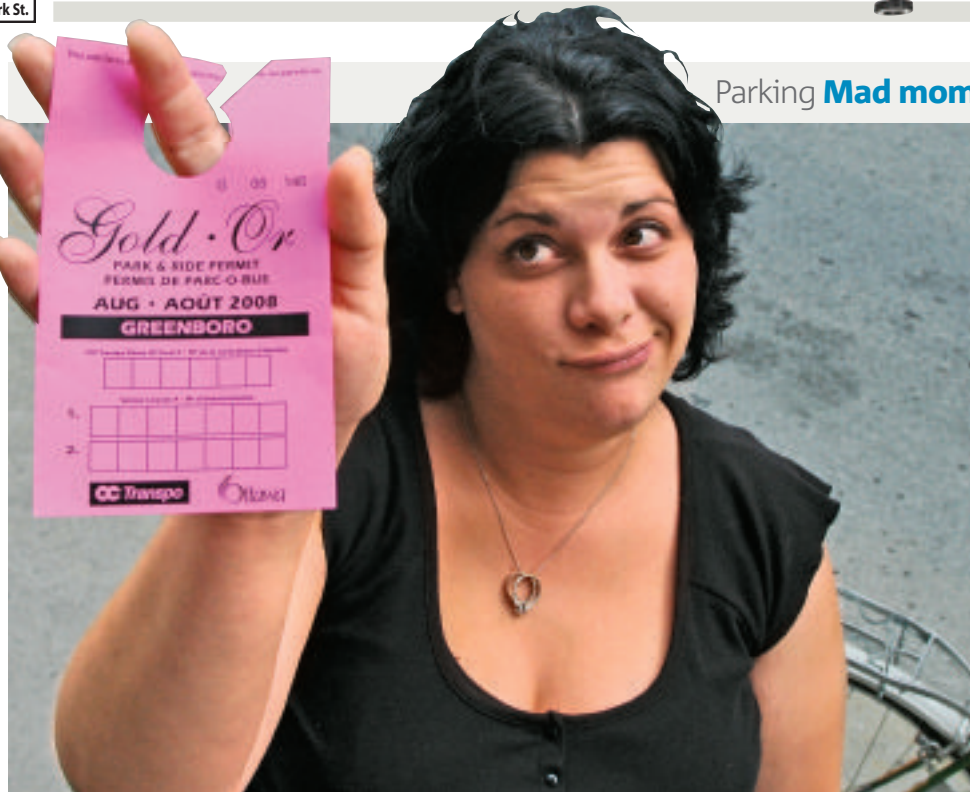
VITAMIN D Adults with low blood levels of vitamin D face a 26 per cent increased risk of death than those with adequate levels of the sunshine vitamin, U.S. researchers said yesterday.

The study is the latest to show the health benefits of vitamin D. Previous research has found it can guard against osteoporosis and may also offer protection from breast and colon cancers, heart disease and dementia in the elderly.

In this latest study, the researchers analyzed the health records of more than 13,000 American adults and found people who had the lowest levels of vitamin D in their blood had a 26 per cent increased risk of death over eight years compared to those with the highest levels.

The study was published yesterday in the Archives of Internal Medicine.

Canadians are one of the groups most at risk for not having enough vitamin D due to long winters and a growing tendency to stay indoors. **TORSTAR NEWS SERVICE**



Estelle Lauzon, 31, who is eight months pregnant, displays a "Gold Member" parking permit for the Greenboro Station Park and Ride. OC Transpo sent the free pass to her yesterday as a courtesy shortly after she complained to Metro the park-and-rides lack designated parking for expectant mothers, yet provide convenient spaces for "gold members" willing to pay for them. **Story, page 3.**

Parking **Mad mom**

Security escorts Tory from hearing

PROBE A senior Conservative was thrown out of a Commons committee that is probing allegations the Tories funnelled money through local candidates, campaigns to pay for national ads.

Doug Finley, the party's national campaign director, yesterday insisted he testify before the ethics committee rather than wait another day and refused to leave the witness table — a move one critic said was designed to interrupt the hearing.

"We are not leaving it," Finley told committee chair Liberal MP Paul Szabo before eventually being escorted from the hearing room by House of Commons security.

"I don't know why you don't want to hear from one of the most important witnesses ... Do you not want to hear the truth?" said committee member Gary Goodyear, the Conservative MP for Cambridge.

Finley said he had informed Szabo he could not appear later in the week.

"I told him (yesterday) was the only day and time I could come," he said.

Szabo did tell Finley the committee would try to accommodate him later in the day, but Finley insisted he be heard right away. It turned out there was time in the afternoon when two witnesses failed to show up. Asked if he would be back, Finley said, "I doubt it very much."

Critics called it a stunt designed to bolster the Conservatives' position that the committee hearing is a "kangaroo court" with no aim of objectively probing the so-called in-and-out scandal. **TORSTAR NEWS SERVICE**

Root of probe

• The Tories are accused of shuffling money to pay for national ads through the accounts of 67 local candidates and claiming tax-funded rebates worth about \$1.1 million for expenses not incurred by those candidates.

Beijing page 9



Easy paddle to final row

Your Money page 7

Marry me, and my debt

Celebrity page 14



Eva dishes on hubby #1

City looks to limit ByWard club scene

Restaurants acting like nightclubs focus of initiative

TRACEY TONG
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The number of bars and nightclubs in the ByWard Market-Rideau Street area has grown quickly, but the city is on its way to getting a "proper mix" for the area, a councillor says.

The idea behind a committee recommendation to expand the definition of a nightclub so that restaurants can't cross the line and operate as after-hours bars is to keep balance in the area, said Georges Beaud, the councillor for Rideau-Vanier who has led the initiative.

"We want to ensure that bars and nightclubs are

properly spaced so that we don't end up with one bar or nightclub after another," he said.

"If the area goes one way, you end up with a nightclub strip and that's not good for businesses, and difficult from a policing point of view."

Concerned that the new laws would "restrict a friendly neighbourhood pub from opening," the Downtown Rideau BIA had originally asked for the area to be excluded. But after the committee revised its definition of a nightclub, the BIA decided to support the recommendation.

The new definitions of bars and nightclubs would be based on floor space, ac-

Hotspots on ice

• The city two years ago set a freeze on the number of bars and nightclubs that could operate in the area and ordered a study.

cording to the report. And nightclubs should be at least 500 metres apart, Beaud said.

When the issue goes to the planning and advisory committee next week and then to council, "I think it should sail through," Beaud said.

"Residents, police and the Rideau Street and ByWard Market BIAs were consulted, as well as the merchants and the bar owners, and everyone

seems to be in agreement," he said.

The market seems to be keeping a good balance, said Melissa Greco, business development for Empire Grill and Metropolitan Brasserie.

"You can shop for furniture and three steps later, you can eat at a nice restaurant and then go pick up groceries," she said.

"I don't think there's an overabundance of bars or restaurants."

"The market is flooded all the time. They keep coming so we must be doing something right."

Share your thoughts »

ottawalatters@metronews.ca

A male motorcyclist was critically injured during a rush-hour collision on Highway 417 yesterday afternoon. Just before 4 p.m., a car and a motorcycle collided on westbound Highway 417 near Parkdale Avenue. The driver of the car was not injured. **TRACEY TONG/METRO OTTAWA**

Ottawa



Taking out the trash

City staff recommends that Ottawa switch to a biweekly garbage pick-up service in 2010, following the implementation of a new green bin program to dispose of organic waste. Staff also recommends that parents concerned about diapers collection sign up for a separate pick-up service. **CITY OF OTTAWA**

Graffiti spree interrupted by police patrol

TRACEY TONG
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GATINEAU A youth believed to be responsible for defacing 28 city buildings faces charges after Gatineau police caught two people spray-painting graffiti early yesterday.

Officers on patrol spotted two young men vandalizing the exterior wall of a business at 575 St. Joseph Boulevard in Gatineau's commercial sector yesterday. Police caught one suspect, a young offender, but the second person ran away, said Lieutenant Claude Vaillancourt.

Police have attributed up to 28 similar graffiti tags to the same suspect, Vaillancourt said. The other vandalized buildings were all in the same area, including a residential area on Richard Street and another on Daniel Johnson St.

"It was the same paint and we found paint on the man," the officer said.

Police laid charges against the suspect this morning, but a court appearance had yet to be scheduled. The search for the second suspect continues.

Men act less than neighbourly

FLARE-UP One man allegedly stabbed another with a broken bottle Sunday night following a flare-up between neighbours, Gatineau police reported yesterday.

Officers called to 32 Lambert Street at around 9:30 p.m. found a 41-year-old man suffering from cuts and wounds following what Lieutenant Claude Vaillancourt described as "a neighbour argument."

Police alleged that a 21-year-old man broke a bottle and stabbed the victim with it in the back.

The victim was taken to hospital to be treated for non-life-threatening injuries. The suspect was also taken to hospital, where he was treated for cuts. He was released and appeared in Gatineau court yesterday.

TRACEY TONG/METRO OTTAWA

Not a lot for moms at Park-and-Ride

Expectant mothers hoof it past empty 'gold' spaces

TIM WIECLAWSKI
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Estelle Lauzon has a long time for her fuse to burn when she mulls park-and-ride policies.

That's because the eight-months pregnant administrative assistant is forced to "waddle," as she says, for long distances at the Greenboro station Park-and-Ride because the lot does not provide courtesy parking for expectant mothers.

The long walk is uncomfortable for a woman late in her pregnancy, but it especially irks Lauzon that her daily trek from the back lot takes her past rows of empty parking slots nearer to the station.

"It's really frustrating to have to walk so far and (past) all of those empty

fast delivery

• Shortly after speaking with Metro yesterday, the city delivered a courtesy "Gold Member" permit to Lauzon

spaces," Lauzon said.

But those empty spaces belong to "Gold Members" — transit users willing to pay a \$42 monthly fee to reserve parking, whether they use it or not. While most grocery stores and shopping malls, for example, provide courtesy spaces for expectant mothers, there is no provision at the park-and-ride.

The number of reserved gold member spots force other commuters to compete for limited spaces at the back of the lot, where parking is a free-for-all, she said. "It wouldn't take much to make a few of

that will provide her reserved parking at Greenboro until her maternity leave begins.

those (gold) spots available for expectant mothers."

Patrick Curran, OC Transpo's manager of business development, notes, "Pregnancy parking is a courtesy as opposed to legislative," but he agreed with Lauzon that some accommodation should be made for pregnant women at busy lots like Greenboro.

But gold members defend their privileged positions, saying they pay for their proximity, generate extra revenue for

city transit, and that the same perks are available to anyone.

Greely's Julie Di Lalla, a permit holder, wanted to ensure a parking space each day when she opted for gold membership.

"I've overheard people say that when they can't find a spot they just drive home and catch a bus. There are no buses where I live, so I can't do that," Di Lalla said.

She doesn't object to some courtesy parking for expectant moms, but Di Lalla said she'd want a strict permit system in place

that ensures unpaid drivers who are not pregnant don't take up spots paid for by gold members.



Ottawa at eye of women's golf

The top female golfers in the world are converging on the capital to compete in the CN Canadian Women's Open at the Ottawa Hunt and Golf Club this week.

Organizers are expecting up to 18,000 fans to come out to watch the competition, which is the only Canadian stop on the LPGA tour. The excitement got started last night when hundreds lined up at a city Golf Town to meet American pro Paula Creamer and to get her autograph.

"We're here to run the best women's tournament in the world," tournament director Sean Van Kesteren said yesterday.

The tournament will be the last Canadian Open for pro golfer Dawn Coe-Jones, who says she hopes to take home the title.

"For all of Canada and women's golf and girl's golf across Canada, it would be super," she said.

"We're here to run the best women's tournament in the world."

Sean Van Kesteren

The 25-year veteran spent the first day of the tournament golfing with a group of amateur golfers.

"I enjoy coming out here on Monday and playing with the ladies and just getting to see old friends and meet new ones," Coe-Jones said.

The City of Ottawa is expected to generate up to \$10 million from the tournament through economic spinoffs and the Children's Hospital of Eastern Ontario is set to gain charitable contributions.

The Championship Pro-Am is scheduled for tomorrow, while championship rounds run Thursday through Sunday.

CTVOTTAWA.CA



Third-ranked LPGA star Paula Creamer, 22, autographs one of her signature pink golf balls while meeting with fans at a Golf Town store last night in Ottawa. More than 200 fans arrived to meet Creamer, who is in Ottawa this week to compete in the CN Canadian Women's Open at the Ottawa Hunt and Golf Club.

Another college land deal in works

PROJECT The City of Ottawa could soon provide La Cité collégiale with land to make room for a new campus in the city's east end.

Mayor Larry O'Brien and a group of east-end councillors are making the pitch to give the francophone college a chunk of property at Trim Road and Highway 174, estimated to be worth about \$1 million.

If the donation of the land is approved, it would make room for the college to build a 40,000 square-foot campus, which is expected to translate into job creation for the city's east end.

"Not only will this project cause immediate employment during the planning and construction phase, it will create 20 full-time jobs and another 20 part-time jobs in the first year of its operation," O'Brien said yesterday.

The proposal is scheduled to go before council for approval at the end of August.

If the plan moves forward, it won't be the first time the city has given property to an area college. Ottawa has already given Algonquin College land to help that school with expanding its campus. **CTVOTTAWA.CA**

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What's online today.

Watch video footage from Sunday's riots in Montreal and reports on the 90th Canadian soldier to be killed in Afghanistan and asbestos fears following the Toronto explosion
Read Allan Small's Investment Perspectives, on the benefits of mutual funds in a volatile market

Lotteries

Ontario Pick 3	670
Ontario Pick 4	9394
Encore	8611723
Daily Keno	4, 7, 9, 15, 16, 17, 27, 30, 35, 36, 37, 38, 40, 45, 48, 56, 60, 62, 63, 70.

These results are not official.



Inquest date set for diving death

An inquest has been set into the April 2006 death of Charles Alex Padulo, 24, whose body was recovered days after he went missing during an organized recreational group dive near the junction of the Petawawa and Ottawa rivers. The inquest is for Sept. 29. **METRO OTTAWA**

Ottawa's golden planning process

Organizers creating template for future Ontario Summer Games

TIM WIECLAWSKI
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There's no textbook for planning a major multi-sport tournament, but the next best thing will be written when Ottawa hosts the province's top athletes during the Ontario Summer Games.

According to games director general Pat Reid, the 2006 games went so well that officials decided to send it back here this month specifically so organizers could create a

template for future such events.

"They wanted us to stage it again and keep track of everything — the whole process — so we could provide a template for the city that wants to host (it) in the future," said Reid. "That's what we're doing; we're keeping track of everything."

As tomorrow's start date looms, Reid's been tracking when committees formed, when they booked facilities, their transportation considerations, field markings — even

"They wanted us to stage it again and keep track of everything — the whole process — so we could provide a template for the city that wants to host (it) in the future."

Pat Reid, games director

how many port-a-potties and parking spots are planned.

In 20 previous events, this is only the third time that the Games have been held in the same location on consecutive occasions.

Ontario Summer Games than are expected to compete at the 2010 Winter Olympics in Vancouver.

Having the Beijing Games on at the same time will be an inspiration for great performances closer to home, Reid said.

"In the evening they'll be watching the Games, because these kids are the next wave. They're all between 16 to 22 and they're training for the 2012 games in London," he said.

It takes more than 1,000 volunteers to host the Games.

High-tech army centre planned for capital

MILITARY The Canadian military is confirming Ottawa will be the location of a new multi-million dollar communications centre. The military expects to choose an exact location for the site of the new facility by the end of the year. One possible location is Leirtrim Station in Ottawa's south end, which is already the site of a military communications listening post.

The new facility could cost up to \$80 million and is expected to allow the military to move audio, video and data around the world.

CTVOTTAWA.CA

Strong capital market bucks housing trend

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House prices in the National Capital Region continue to rise, bucking a national trend that has seen values slump alongside a softening economy.

The price of a new home

in Ottawa-Gatineau was 4.4 per cent higher in June 2008 than in June 2007, compared to Canada-wide numbers that have seen housing prices drop, Statistics Canada economist Neil Killips said yesterday.

Although house prices here are rising faster than the national average of 3.5


per cent, it's still not a spectacular number, Killips said. "It's higher than inflation, but probably not that much higher."

The survey that looked at 21 cities across Canada, measures changes in percentages.

"As a whole, the national number has been driven for

the last three years by what's going on in the west," said Killips. "The market there is cooling off quite rapidly. It went from 60 per cent to almost nothing."

In November 2007, the rate of increase was at 0.6 per cent over the last year, the slowest it's been in the last five years, said Killips.



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Master Cpl. Erin Doyle a soldier from an Edmonton-based battalion was killed early yesterday in southern Afghanistan when insurgents attacked his combat outpost in the Panjwail district, military officials say. Doyle becomes the second soldier in three days to be killed in Afghanistan. SOURCE: CBC NEWS ONLINE

Canada

"I had realized what I had done, but unfortunately it was too late."

Canadian actress Paula Morgan speaking about leaving her wedding ring in a public bathroom during a costume change.



Stolen ring

Morgan, who is filming the 9/11 based movie *Diverted*, is appealing to whoever stole the rings to return them to their rightful owner.

City recovering from blast

Toronto continues cleanup after propane explosion

Toronto is picking itself up and dusting itself off after Sunday's massive propane explosion turned the area into a wasteland.

There's a lot of dusting to do and it won't be cheap. The price tag on property damage and compensation for lost business is likely to be tens of millions of dollars. Some residents and store owners say they don't have insurance.

Mayor David Miller said Toronto couldn't stop the Sunrise plant from being built in a residential area. Miller vowed to try to root out other potentially lethal combinations of industry and housing. But he said once Ontario's Technical Standards and Safety Authority had approved Sunrise's application, the city's



Daniela Valente sits on a bench as she waits to be let back into her home the day after large explosions occurred at a propane facility in Toronto yesterday.

hands were tied.

The blast at the propane distribution plant drove

some 12,000 people from their homes. Firefighter Bob Leek died during the

day-long battle to control the blaze.

TORSTAR NEWS SERVICE

Police chief pleads for calm after riots

MONTREAL Youths went on a rampage in a Montreal neighborhood late on Sunday, clashing with riot police and setting cars ablaze in retaliation for the shooting death of an 18-year-old man a day earlier.

The violence follows an incident in a park in the same neighborhood where a police officer fatally shot the teenager and two other men were wounded as officers tried to make arrests.

Hundreds of officers in riot gear chased a group of youths in a culturally diverse part of north Montreal on Sunday after numerous incidents of vandalism, arson and looting.

The crowd hurled bottles at firetrucks arriving on the scene to douse the fires which lit up the neighborhood into the morning, reports said.

Montreal police Chief Yvan Delorme called for an end to the violence and said the police are willing to do what it takes to improve relations with the community.

"They want to send the society a message, and I received that message," Delorme said. "I have to work with all the community to find the solution."

REUTERS

"They want to send the society a message, and I received that message."

Yvan Delorme

OnlineVideo
www.metronews.ca

Afghan security firms back in the spotlight

SOLDIER DEATH The role of private security firms in Afghanistan is under renewed scrutiny as Canadian military investigators try to determine whether friendly fire by guards-for-hire killed a young Canadian soldier.

The Canadian military would not comment yesterday, saying the matter is under independent investigation.

But Stars and Stripes, an American military newspaper, posted an article and video on its website that showed confusion as coalition forces tried to get answers after the shooting that killed Master Cpl. Josh Roberts

The officers suggested the convoy of private security guards opened fire, apparently thinking they



Master Cpl. Josh Roberts

were under attack.

"Their normal contact drill is that as soon as they get hit with something, then it's 360, open up on anything that moves," Maj. Corey Frederickson, part of a Canadian advisory team that trains and mentors the Afghan army said. "We think that's probably what happened."

TORSTAR NEWS SERVICE



Minister of Public Safety Stockwell Day displays the Global Positioning System ankle which will be used in a federal pilot project next month. The offender monitoring system will mirror the one used in Nova Scotia.

Tories trying high-tech crime prevention

JENNIFER TAPLIN
Metro Canada

TRACKING The feds want to try Nova Scotia's method of keeping an electronic eye on convicts.

A Global Positioning System device attached to an ankle makes sure offenders who are given house arrest or curfews adhere to the rules. Nova Scotia has been using them since 2006, and Minister of Public Safety Stockwell Day said they want to copy it. "With this kind of de-

parole breaches

Ontario was picked because last year there were 81 people who breached their parole in that province, Day said.

vice, corrections officers can monitor exactly the whereabouts of an offender at any given moment," he said.

About one in eight federal offenders break conditions or reoffend. And while most of these incidents are minor, Day said,

some of the crimes are very serious.

So next month, the Correctional Service of Canada will lock GPS anklets on 30 offenders in Ontario for a one-year, \$600,000 pilot project.

"We're launching this pilot project in the Ontario area but we're drawing from the expertise of the program that's being run here in Nova Scotia."

Day said several factors will be considered in choosing criminals, but sexual offenders will be at the top of the list.

Conrad Black's son fined for traffic offences

ACCIDENT Jonathan Black pleaded guilty to reduced charges three "minor" Highway Traffic offences and was fined \$2,000 in court yesterday for striking a stopped car last March in Toronto's financial district and driving away.

The eldest son of imprisoned former media baron Conrad Black to pay three fines under the Highway Traffic Act: \$500 for failing to remain at the scene of an accident; \$1,000 for driving under suspension; and \$500 for following too closely. TORSTAR NEWS SERVICE

Feds shut down charity for fraud

TAX SHELTER A Toronto charity that claimed it received a whopping \$464 million in donations for the city's poor has been shut down by the federal government.

The International Charity Association Network embellished the amount of donations it received over a three-year period as well as the amount of good work it did, says the federal charity regulator. It was part of a tax-shelter scheme that saw donors get high tax receipts.

TORSTAR NEWS SERVICE

News in brief

DRUG CRACKDOWN The union representing Canadian prison guards announced publicly yesterday that it is worried that a crackdown on drug smuggling in prisons could lead to more violent incidents like a day-long standoff at a maximum security prison near Kingston last week that ended in a two day lockdown.

POLITICAL AIDE A Quebec man charged with first-degree murder in the death of a provincial political aide will stand trial next January. The murder trial for Francis Proulx, 29, will begin in Rivière-du-Loup on Jan. 26. Proulx was arrested last May after Nancy Michaud's corpse was found in a house.

METRO NEWS SERVICE

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the **Bay**

WWW.THEBAY.COM



Some large whale species such as the humpback, minke and southern right whale are recovering from a threat of extinction, helped by curbs on hunts since the 1980s, but many small species are still at risk, the International Union for Conservation of Nature said. **REUTERS**

Big whales recovering since hunt ban

World/Business

Georgia calls for help over Russian invasion

Moscow ignores Western pleas for end to incursion

Georgia called for international intervention yesterday and pulled its battered forces back to the capital, as Russian troops pushed deep into its territory, ignoring Western pleas to halt.

President Mikheil Saakashvili said Russian forces had taken control of Georgia's main east-west route, effectively bisecting the country.

Moscow snubbed a plea

Convoys to Armenia

The U.S. State Department said yesterday at least 170 American citizens from Georgia, as well as dependents of

embassy staff in the capital Tbilisi, joined several U.S. convoys bound for Armenia because of fighting with Russia.

from the Group of Seven (G7) industrial powers for a ceasefire. It said Georgia had not kept a promise to halt fighting and was shelling the Russian-held region of South Ossetia

where the conflict began last Thursday.

A feeling of uneasiness pervaded Tbilisi as for the first time in four nights, city streets were largely empty, with no evening

demonstration by the president's supporters.

The conflict erupted last Thursday when Georgia sent forces to retake South Ossetia, which threw off Georgian rule in the 1990s and declared itself independent, albeit without international recognition.

U.S. President George W. Bush urged Russia yesterday to end its armed conflict with Georgia.

REUTERS

Business

Canadian dollar seen dropping to 90 cents

CURRENCIES The Canadian dollar is more likely to drop below 90 cents US than return to recent levels above the greenback, as a faltering world economy and lower commodity prices put Canadian growth under pressure.

After being kicked out of the tight range it occupied from last November until late July, the Canadian dollar has not been able to halt a steepening slide that has it headed for its lowest level in well over a year.

Shaun Osborne, chief currency strategist at TD Securities, said he expects the norm for the Canadian dollar to be somewhere in

Background

- The loonie's 17.5 per cent surge last year put it briefly above \$1.10 US in November.
- The 21 per cent slide in oil prices from above \$147 a barrel in July and evidence the global economy is slowing have been blamed for the sudden decline because Canada is a key exporter of oil and commodities.

the range of 90 to 95 cents in the next three to five months. Less than a month ago the Canadian dollar was worth a touch more than a greenback.

THE CANADIAN PRESS

Knowledge of pregnancy pill low: Survey

CONTRACEPTIVE Teenage girls living in urban centres have little knowledge about emergency contraceptives, or the morning-after pill, to prevent pregnancy, according to new research.

Dr. Cynthia J. Mollen, of Children's Hospital of Philadelphia in Pennsylvania, said although the morning-after pill can be taken up to five days after unprotected sex to prevent a pregnancy, "multiple misconceptions" about emergency contraceptive pills exist.

Among girls who were not sexually active, 50 per cent had never heard of the morning-after pill, and just four girls who had heard of it knew when to use it or how to obtain it.

REUTERS

Neuroscientist Pakistani women show solidarity



Islamist party activists show solidarity with U.S.-trained neuroscientist Aafia Siddiqui during a demonstration in Hyderabad, Pakistan, yesterday. Pakistan has demanded consular access to Siddiqui, a Pakistani woman with suspected links to al Qaeda, who is due to be arraigned in New York today on charges of attempting to murder U.S. troops and FBI agents in Afghanistan.

Trump sues former lawyers

NAME New York property developer Donald Trump is suing his former lawyers, Morrison Cohen LLP, for \$5 million, saying the firm's use of his name on its web site and in interviews violated his privacy.

The law firm dismissed the lawsuit as an attempt by Trump to avoid paying \$600,000 in overdue legal fees.

REUTERS

In brief

AUTOMOTIVE Toyota Motor Corp. is considering exporting U.S.-made vehicles as it sees potential demand for its large pickup trucks and sport utility vehicles overseas. It is also considering cutting more temporary U.S. manufacturing jobs.

BOOK The authorized biography of billionaire investor Warren Buffett, the first written with his cooperation, is due for release on Sept. 29.

REUTERS

News in brief

EARTHQUAKE A 5.1 magnitude earthquake shook east Venezuela yesterday, damaging buildings and forcing patients to evacuate a hospital in the oil producing region.

REUTERS

Former Thailand PM Thaksin flees to Britain

EXILE Former Thai Prime Minister Thaksin Shinawatra skipped bail yesterday and went into exile, accusing political enemies who removed him in a 2006

coup of meddling in the courts to "finish off" him and his family.

In a hand-written statement faxed to media from London, the 59-year-old bil-

lionaire apologized to the Supreme Court for failing to appear in a corruption case, which also involves his wife.

REUTERS

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business 7

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Love in a time of pre-nups

SmartCookies



So the discussion of pre-nuptial agreements might seem a little unromantic and out of place amongst talk of dresses and honeymoon destinations, but if you want to protect your financial future a pre-nuptial agreement is the way to go. Marriage, after all, is not just about joining your lives; it's about joining your bank accounts, your assets and (unfortunately for one of you!) your debts.

Drafting up an agreement before your wedding day will give you both an opportunity to decide what will happen to income and assets if the marriage ends. For the hopeless romantic, talking about the D word before even walking down the aisle might be a bit much, but with almost half of Canadi-

an marriages ending in divorce it's realistic to think you could be part of those stats. Talking about money before your big day can save heartache in the long term.

Of course it doesn't make sense for everyone to have an agreement drawn up before marriage. But, there are many situations in which you would be smart to consider it. For example, when you bring a home, stocks or inheritance into the marriage or if you are part owner of a family cottage or business then you might want to protect the assets you and your family worked hard to obtain. Other reasons include when one of you has significantly more money than the other coming into the marriage or can foresee a significant amount coming your way in the very near future.

"When you bring a home, stocks or inheritance into the marriage or if you are part owner of a family cottage or business then you might want to protect the assets you and your family worked hard to obtain."

An agreement is also important when one or both of you have children from a previous marriage.

When you begin to discuss the



For the hopeless romantic, talking about the "D word" before even walking down the aisle might be a bit much, but with almost half of Canadian marriages ending in divorce it's realistic to think you could be part of those stats.

terms of your agreement be sure to draft up an initial document yourself that you can bring the lawyer. Having a well-thought out plan will save you time and money because you won't be starting from scratch while paying your lawyer by the

hour.

And yes, it is essential to make sure the pre-nup is legally drawn up with a lawyer. Steven Spielberg's bank account is millions of dollars lighter these days because his pren-up was written on the back of a napkin on his wedding

day. Of course, just like wills, pre-nups can be updated. After years of wedded bliss you might want to review your pre-nup and make adjustments to previous decisions. Pre-nups are flexible and you should be too. After all, marriage is as much a financial

union as it is a physical and emotional one.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Getting rich on other people's money

Q I plan to use my personal line of credit and borrow an additional \$8,000 to buy some stocks while they are cheap. How much of the interest would I be limited to deduct for taxes? Is this a good idea?

Danny

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

"The strategy of using 'leverage' is used by many investors to increase their returns. It is not for the faint of heart."

form up to investor expectations.

The strategy of using "leverage" is used by many investors to increase their returns. It is not for the faint of heart. Let's look at a typical scenario.

- Investor "A" buys \$30,000 of stocks with cash savings. Stocks increase in the year by 10 per cent, or



If the market declines, a leveraged investor would suffer double the losses.

\$3,000.

- Investor "B" leverages \$30,000 plus \$30,000 cash. Stocks increase 10 per cent or \$6,000 (\$60,000 x 10%). Investor B has a yield of 20 per cent less leverage cost (\$6,000 divided by cash investment \$30,000).

- Fantastic returns provided markets co-operate.

InvestmentPerspective

Allan Small

An investor cannot make any investment decisions without looking at the positives mutual funds provide. Metro columnist Allan Small writes in this week's column. Read Investment Perspective at metronews.ca

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A The idea of using other people's money to get rich is not unique. The rich did not get rich without using this idea. However, the same is true on the flip side, the poor can get poorer. Look at the United States' housing market and the thousand of default mortgages. Many got into homes that they could not afford with misleading promises.

Interest borrowed for investment purposes such as purchase of stocks, real estate, businesses, etc., can be deducted for tax purposes. Not surprisingly, this strategy works best when investments per-

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Springsteen reportedly to play Super Bowl halftime show
Bruce Springsteen will reportedly play the halftime show at Super Bowl XLIII. The New York Post cited a source as saying Springsteen, the creator of such hits as Born in the USA and Born to Run, will take the field at halftime of the February 1 contest in Tampa. **METRO NEWS SERVICES**

Sports



Jankovic new world No. 1

The Sony Ericsson WTA Tour has crowned Jelena Jankovic, left, as the new world No. 1, as the official rankings were published yesterday. Jankovic replaces Serbian compatriot Ana Ivanovic, who drops to No. 2. Russia's Svetlana Kuznetsova is ranked third, American Venus Williams moved up one spot to fourth and Russian Maria Sharapova rounds out the top five. **METRO NEWS SERVICES**

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Jays find offensive surge

Toronto ends three-game losing streak by pounding on Tigers

Blue Jays 7 Tigers 2

After a decade spent watching big-league baseball from his couch rather than a dugout, Blue Jays manager Cito Gaston has a tough time putting names with faces.

And that's just his own team.

Upon retaking the reins nearly two months ago, Gaston admitted that it took him a few days to figure out who was who in the Toronto bullpen. He recalled a moment during his first series back in charge in Pittsburgh.

Gaston came out to change pitchers.

"The umpire asked, 'Who is that coming in?'" Gaston said with a low laugh. The new manager was stymied. "I told him, 'I thought you would know.'"

Self-deprecating anecdotes are Gaston's stock in trade. This one slyly reveals a greater truth about the club's manager: He likes going with people he knows.

Ask John McDonald or



Toronto Blue Jays catcher Rod Barajas, right, celebrates at home-plate with Adam Lind after Barajas hit a solo home-run against the Detroit Tigers during the sixth inning of yesterday's game in Detroit. The Blue Jays defeated the Tigers 7-2.

Brandon League. Better yet, ask David Eckstein. Gaston's love of familiarity shows up nightly on the lineup card.

Last night, the manager had a chance to slot one of his most favoured pieces

back into the puzzle — Vernon Wells in centre field. Wells, who continues to rehab on the fly from a hamstring injury, responded with the sort of sparkplug game that has earned him the admira-

tion of all his bosses.

Wells was in the middle of two early outbursts that put the Tigers on the ropes early. He finished the night 2-for-3 with two runs scored.

The Jays won easily, 7-2.

Seven runs is more than the Jays scored in their previous three against Cleveland combined. The offensive shellacking overshadowed another solid start from Shaun Marcum. The 26-year-old did not dominate, but he kept the Tigers off-balance all night long. Both Tigers runs he allowed over six frames came on solo home runs to lead off innings.

The relief corps — so reliable recently that you don't need to know names, you just have to find the bullpen phone number — shut Detroit out from there.

The Jays led 6-1 after five and had already chased Tigers starter Justin Verlander from the game.

Verlander (8-13) lasted just 4½ innings, giving up six runs and seven hits. The 2006 AL rookie of the year has given up 24 earned runs over his last four starts, losing all four.

Catcher Rod Barajas was 2-for-3 with a home run, his tenth of the season, and three RBIs.

TORSTAR NEWS SERVICE

Doughty signs with Kings

NHL The Los Angeles Kings agreed to terms on a three-year entry-level contract with defenseman Drew Doughty yesterday.

Per team policy, terms were not disclosed.

Doughty was the Kings' second-overall draft pick in last June's draft out of the Ontario Hockey League.

The 18-year-old registered 13 goals and 50 points in 58 regular-season games with the Guelph Storm.

Lee, Byrd win weekly honours

MLB Houston Astros outfielder Carlos Lee was named National League Player of the Week for the period ending August 10. Lee led the National League with a whopping .550 (11-for-20) batting average.

Texas Rangers outfielder Marlon Byrd got the American League weekly honours. Byrd had multiple hits in six of his seven games last week and batted .571 with 16 hits in 28 at-bats.

Rookie Longoria headed to DL

MLB The Tampa Bay Rays placed rookie third baseman Evan Longoria on the 15-day disabled list yesterday with a fractured right wrist.

Longoria was hit by a pitch from Seattle Mariners closer J.J. Putz on Thursday which caused the injury.

The 22-year-old All-Star was hitting .278 with a team-best 22 home runs, 71 RBI, 27 doubles and a .533 slugging percentage in 104 games.

Galaxy shakes up its management

SOCCER Los Angeles Galaxy head coach Ruud Gullit has resigned for personal reasons, while Alexi Lalas has lost his job as president and general manager, the club said on its website yesterday.

The Galaxy, led by England midfielder David Beckham, are in the midst of a seven-game winless streak.

Nova Scotia's Ante Jazic has played for the Galaxy since 2006.

METRO NEWS SERVICES

SCOREBOARD

MLB				Colorado	53	67	.442	8	Yukiflis Bos	406	69	128	.315
				San Francisco	50	67	.427	9½	Rodriguez NYY	362	73	114	.315
				San Diego	46	72	.390	14	Polanco Det	432	69	135	.312
AMERICAN LEAGUE				YESTERDAY'S RESULTS									
EAST DIVISION				AMERICAN LEAGUE									
W	L	PCT	GB	EAST DIVISION									
Tampa Bay	71	46	.607	Toronto 7 Detroit 2									
Boston	67	51	.568	Cleveland 13 Baltimore 8									
N.Y. Yankees	63	56	.529	Minnesota 4 N.Y. Yankees 0									
Toronto	60	59	.504	Boston at Chicago White Sox									
Baltimore	56	61	.479	NATIONAL LEAGUE									
CENTRAL DIVISION				EAST DIVISION									
W	L	PCT	GB	CENTRAL DIVISION									
Chicago Sox	65	51	.560	Milwaukee 7 Washington 1									
Minnesota	65	51	.560	Pittsburgh 7 N.Y. Mets 5									
Detroit	58	60	.492	St. Louis 4 Florida 2									
Kansas City	54	64	.458	Houston 3 San Francisco 1									
Cleveland	52	64	.453	Philadelphia at L.A. Dodgers									
WEST DIVISION				TONIGHT'S GAMES									
W	L	PCT	GB	AMERICAN LEAGUE									
L.A. Angels	74	43	.632	Toronto at Detroit, 7:05									
Texas	61	58	.513	Texas at Boston, 7:05									
Oakland	54	63	.462	Baltimore at Cleveland, 7:05									
Seattle	45	73	.381	N.Y. Yankees at Minnesota, 8:10									
				Kansas City at Chicago White Sox, 8:11									
				Tampa Bay at Oakland, 10:05									
				Seattle at L.A. Angels, 10:05									
NATIONAL LEAGUE				NATIONAL LEAGUE									
EAST DIVISION				CENTRAL DIVISION									
W	L	PCT	GB	EAST DIVISION									
Philadelphia	64	53	.547	Cincinnati at Pittsburgh, 7:05									
N.Y. Mets	62	56	.525	Chicago Cubs at Atlanta, 7:10									
Florida	62	57	.521	N.Y. Mets at Washington, 7:10									
Atlanta	55	63	.466	St. Louis at Florida, 7:10									
Washington	44	75	.370	San Francisco at Houston, 8:05									
CENTRAL DIVISION				WEST DIVISION									
W	L	PCT	GB	CENTRAL DIVISION									
Chicago Cubs	71	47	.602	Milwaukee at San Diego, 9:05									
Milwaukee	68	51	.571	Philadelphia at L.A. Dodgers, 10:10									
St. Louis	66	55	.545	AL BATTING LEADERS									
Houston	59	59	.500	Name, team									
Pittsburgh	54	64	.458	Name									
Cincinnati	52	67	.437	Denny NYY									
				Kinsler Tex									
				Bradley Tex									
				Ordonez Det									
				Paez Bos									
				Mudra Hou									
WEST DIVISION				AL BATTING LEADERS									
W	L	PCT	GB	Name, team									
Arizona	60	58	.508	Denny NYY									
L.A. Dodgers	58	59	.496	Kinsler Tex									

Diamondbacks swap for Dunn

MLB The Arizona Diamondbacks have beefed up their offense by acquiring outfielder Adam Dunn from the Cincinnati Reds in exchange for three prospects.

The Diamondbacks also received cash considerations in the deal, which will send minor league pitcher Dallas Buck and two players to be named later to Cincinnati.

Dunn, who will be a free agent at the conclusion of the season, has 32 homers with 74 runs batted in and a .233 batting average in 114 games. He entered Monday's play tied for the league lead in home runs.

The 28-year-old Dunn is



The Cincinnati Reds traded slugger Adam Dunn to the Arizona Diamondback for three prospects.

in his eighth big league season and had spent his entire career with Cincinnati. He has 270 home

runs, including four straight seasons with at least 40, and three times has eclipsed 100 runs batted in.

Arizona is already without injured outfielders Justin Upton and Eric Byrnes, and the club just lost second baseman Orlando Hudson for the season with a left wrist injury that required surgery.

Hudson will be transferred from the 15-day to the 60-day disabled list.

The 23-year-old Buck was 1-4 with a 3.94 earned run average for Single-A South Bend before being promoted to Single-A Visalia.

METRO NEWS SERVICES

Sports in brief

MLB The Toronto Blue Jays reinstated veteran outfielder Shannon Stewart from the disabled list yesterday, but then quickly released him. Stewart hit .240 with one home run

and 14 RBI in 52 games.

MLB Texas Rangers closer C.J. Wilson will have arthroscopic surgery on his left elbow later this week and miss the rest of

the season.

MLB Houston outfielder Carlos Lee underwent successful surgery on his left pinky finger yesterday. **METRO NEWS SERVICES**

Badminton

Anna Rice of North Vancouver, B.C., lost 21-7, 21-12 to China's Lu Lan yesterday in the Olympic quarter-finals. **METRO NEWS SERVICES**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Canadian rowers cruise

Heavily favoured men's eight dominate foes en route to berth in final

First, they got a ball cut off. Then, they almost got run over.

It was quite the eventful start for the Canadian men's world champion eight in their quest for Olympic rowing gold.

The Canadians narrowly avoided a collision with Australia in a bizarre incident in their opening heat yesterday, but went on to easily win to advance to Sunday's final.

"Now, it's about becoming Olympic champions," said Jake Wetzel of Victoria.

A day after their first race was postponed by a thunderstorm, the Canadians had to deal with a number of distractions.

First, as they were readying themselves on the start line, the starting gate came up and chopped off their bow ball. Coxswain Brian Price got the attention of officials, who decided the Canadians could proceed without the protective rubber piece at the end of the boat.

When the race began, the Canadians got out in front while the Australians tried to put up a challenge. Canada was ahead by more



Canada's men's eight dominated in the water yesterday at Shunyi Olympic Rowing-Canoeing Park at the Beijing Olympics.

than a boat-length well into the race when the Australians, suffering a rudder malfunction, suddenly veered into their lane, almost clipping them.

"I'll tell you, this has been a bizarre Olympics," said Wetzel. "The next thing we know Australia's in our lane, which in 10 years of rowing I've never seen anything like that. It's just bizarre. All of a sudden you saw them coming over and they just about hit the back of our boat."

Still, the Canadians seemed to take it in stride,

yuking it up and appearing to be a fairly loose bunch after the race.

"The Games is a big show, it's a big circus," said Adam Kreek of London, Ont. "It's living up to its expectations. It's great."

Wetzel said there's one thing that surprised him so far.

"The only thing that's unexpected is it's in China and the Chinese haven't

thrown anything at us yet," he said. "I was expecting something bizarre to be happening here, but it's gone very smoothly."

Added Kreek: "You hear stories from the Communist Games back in the '60s and '70s of like, fire alarms going off at midnight and dirty tricks like that being played, but none of that's happening."

TORSTAR NEWS SERVICE

Ford moving on in kayak slalom

CANOE-KAYAK David Ford of Edmonton qualified for the second round of the men's K-1 slalom yesterday at the Beijing Olympics by finishing 13th with a combined time of 174.84 seconds.

Ottawa's James Cartwright didn't get as lucky with his 13th-place finish in the men's C-1 slalom, as he fell one place short of advancing with a combined time of 184.63 seconds.

Aussies teach Canada a lesson

FIELD HOCKEY Australia kicked off their title defence in style yesterday by thrashing Canada 6-1 in men's Olympic field hockey with Des Abbott knocking in three goals.

Fergus Kavanagh, Eddie Ockenden and Grant Schubert also slotted home in the pool B match as the Kookaburras displayed just why they are rated the world's best team.

Peter Short of Richmond, B.C., scored Canada's lone goal.

Canada off pace in equestrian

EQUESTRIAN Canada's eventing team is in ninth place after completing the cross country segment of the competition.

The team of Kyle Carter and Sandra Donnelly, both of Calgary; Selena O'Hanlon of Elgin, Ont.; Samantha Taylor of Richmond, B.C.; and Mike Winter of Montreal sits well back of Germany, which leads the competition, followed closely by Australia. Show jumping, the final component of the event, takes place today.

Storms wash away Beijing pollution

WEATHER Beijing woke to a cool but overcast morning on Day 3 of the Olympics yesterday after thunderstorms cleared away the city's notorious smog.

Forecasters say cooler, wet weather will continue, easing fears that heat and humidity would make conditions intolerable for those competing outside.

But the next bout of heavy rain is not expected until early next week, the Xinhua news agency said.

METRO NEWS SERVICES

Women into repechage

• Canada's women's eights didn't fare quite as well as their male counterparts yesterday, as they finished third in

their preliminary round heat with a time of 6:12.68 and were relegated to tomorrow's repechage.

Canadians crumble on court

TENNIS Daniel Nestor of Toronto and Frederic Niemeyer of Deauville, Que., were bounced in the opening round of the Olympic men's doubles tournament yesterday by brothers Andy and Jamie Murray of Great Britain.

The Canadian duo won the first set on the strength of a strong service game. Niemeyer's elbow injury flared up in the second set and the Canadians were unable to maintain their momentum, dropping the next two sets despite heroics from the 35-year-old Nestor. The final score was 4-6, 6-3, 6-4 for the brothers from Scotland.

In men's singles action, Frank Dancevic of Niagara Falls, Ontario lost to world No. 10 Stanislas Wawrinka of Switzerland 4-6, 6-3, 6-2. Dancevic was a last minute addition to the singles draw, having less than a day to prepare.

Despite his early exit the 24 year old is enjoying the Olympic experience.

"It was an awesome experience being here," Dancevic said. "Just being around all the athletes and



Dancevic

around the atmosphere is a really cool thing."

Rafael Nadal and Roger Federer took their first steps towards Olympic gold yesterday with contrasting victories in the men's singles.

Top seed Federer breezed past Russian Dmitry Tursunov 6-4, 6-2, but Spain's Nadal dropped a set to Italy's Potito Starace for the first time before winning 6-2, 3-6, 6-2.

In the women's singles, China's Li Na upset No. 3 Svetlana Kuznetsova of Russia 7-6 (5), 6-4, while No. 2 Jelena Jankovic of Serbia beat Cara Black of Zimbabwe 6-3, 6-3.

METRO NEWS SERVICES

Judo Tritton gets dumped



Joao Pina of Portugal, left, battles Nicholas Tritton of Perth, Ont., in the men's under 73-kilogram judo event yesterday at the Beijing Games. Pina won the round of 32 match.

PAUL GUARNEY/REUTERS

As China hoped, the world did tune in for the start of the Beijing Olympics with various polls yesterday estimating about one billion people, or 15 per cent of the world's population, watched the opening ceremony. **REUTERS**

Beijing Games

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	China	9	3	2	14
#2	U.S.	3	4	5	12
#3	S.Korea	4	4	0	8
#4	Italy	3	3	2	8
#5	Russia	0	4	2	6
#6	Australia	2	0	3	5
#7	France	0	3	2	5
#8	Japan	2	0	2	4
#9	N.Korea	0	1	3	4
#10	Britain	2	0	1	3
#11	Holland	1	1	1	3
#12	Czech Rep.	2	0	0	2
#13	Finland	1	0	1	2
#14	Spain	1	0	1	2
#15	Cuba	0	1	1	2
#16	Germany	0	1	1	2
#17	Brazil	0	0	2	2
#18	Indonesia	0	2	2	2
#19	Azerbaijan	1	0	0	1
#20	India	1	0	0	1
#21	Romania	1	0	0	1
#22	Thailand	1	0	0	1
#23	Austria	0	1	0	1
#24	Colombia	0	1	0	1
#25	Hungary	0	1	0	1
#26	Norway	0	1	0	1
#27	Slovakia	0	1	0	1
#28	Sweden	0	1	0	1
#29	Turkey	0	1	0	1
#30	Vietnam	0	1	0	1
#31	Zimbabwe	0	1	0	1
#32	Algeria	0	0	1	1
#33	Argentina	0	0	1	1
#34	Belarus	0	0	1	1
#35	Croatia	0	0	1	1
#36	Georgia	0	0	1	1
#37	Switzerland	0	0	1	1
#38	Taiwan	0	0	1	1
#39	Tajikistan	0	0	1	1
#40	Uzbekistan	0	0	1	1
	Canada	0	0	0	0

(Count at the end of Day 3)

Bindra wins India's first solo gold

SHOOTING Abhinav Bindra won India's first individual Olympic gold medal yesterday with a thrilling come-from-behind victory in the men's 10m air rifle.

Bindra had been fourth after qualifying but had a brilliant final round and the Indian hit a near perfect 10.8 on his last shot to pull in front of Henri Hakkinen of Finland, who fell to bronze with a poor final shot.

That late stumble by the Finn allowed China's Zhu Qinan, the defending Olympic champion and heavy favourite, to salvage a bitter day with silver.

REUTERS

Sports in brief

BADMINTON Val Loker of Laval, Que., and Mike Beres of Ottawa were eliminated in mixed doubles in straight sets 21-9, 21-9 by Thailand early this morning in Beijing.

WATER POLO The Canadian men's water polo team were shut out 12-0 by Montenegro early this morning in preliminary-round action.

METRO NEWS SERVICES

Professor proves prophetic so far

Plenty of strong Canadian competitors still yet to perform at Beijing Games

YorkReport

Marty York

marty.york@metronews.ca

Assembled in Beijing is a bevy of determined and dazzling Olympians — male and female, young and not-even-all-that-young, — and yet, as I watch these special athletes perform, I find myself thinking mostly about, um, a professor.

Damn that **Daniel K.N. Johnson**. Can't get him out of my mind.

I'd like to tell you the K and the N in Johnson's name stand for Knows Nothing, but I can't. That'd be irresponsible. The man's record actually speaks for itself. He's the dude I

brought to your attention last week, the prof who devised a formula that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

And he emerged with a pre-Beijing prediction of no gold medals for Canada.

Seriously, how nice would it be to imagine this man sitting in some corner at his college campus, wearing a dunce cap as his countrymen flourish in China?

Problem is, the bling thing isn't exactly happening excessively for Canadians, is it?

Heck, even Edmonton's **Susan Natrass** — who has forever seemed to give Canada hope in trap shooting — failed to qualify for her final. She sure seemed to be sitting pretty initially but then missed a mind-boggling 25 shots in the third round. And, as Susan

was misfiring, I thought I heard Professor Johnson cackling.

Damn him.

"I was in front of targets," Natrass lamented. "I was behind targets. Over targets. Under targets. It was a mess. I need to go cry somewhere."

And, at 57, Susan likely is done as an Olympian. Not that she should cry or feel any shame whatsoever. She first competed at the Montreal Olympics, with men, in 1976. Chaps she competed against then are grandpas with pot bellies now. I say Natrass is a legend, even without a medal.

And ditto for **Jujie Luan**, the 50-year-old fencing icon who won gold for China back in 1984 but couldn't get past her second oppo-

nent in Beijing as a Canadian Olympian.

Yes, Canadians have been falling early — including **Anna Rice** in

Jujie Luan



badminton and **Frank Dancevic** in tennis. But I say authentic gold possibilities still loom. Maybe kayaker **Adam van Koeverden**. Possibly swimmer **Brent Hayden**. Perhaps taekwondo champ **Karine Sergerie**. There's the men's eight rowing team, which demolished opponents in its first heat on Chinese waters. And maybe, just maybe, even runners **Gary Reed** and/or **Tyler Christopher** can garner gold.

And if Reed or Christopher succeed, I'd encourage them to pick up one of those omnipresent cones at the track and bring it back home, where it can be utilized as a dunce cap. For Professor Johnson.

Damn him.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

American Phelps adds third gold to haul

Michael Phelps became only the fourth man to win a record nine Olympic golds when he powered to victory in the 200 metres freestyle swimming early this morning.

Phelps put on an imperious display to capture his third medal of the Beijing Games, leading from the start to win in a new world record time of 1:42.96, knocking 0.90 seconds off his old record, a huge margin.

The American's third gold in Beijing, not even half way through his long march towards a target of eight, sets him beside U.S. athletics great Carl Lewis, U.S. swimmer Mark Spitz and Finnish distance runner Paavo Nurmi in the record books.

The lanky 23-year-old also has Spitz's record of seven golds at a single Games in his sights.

His exploits have helped draw huge audiences for the Olympics back home, where broadcaster NBC said they had more viewers for any summer Games held outside the United States since 1976.

One woman, Soviet gymnast Larisa Latynina, also has won nine Olympic golds.

Each of Phelps' victories in the Chinese capital has come in world record time.

Americans won three golds in under 20 minutes in a captivating morning



Michael Phelps of the United States celebrates winning gold in the men's 200 metre freestyle final early this morning at the Beijing Games. Phelps' time of 1:42.96 is a new world record.

swim session at the Water Cube pool.

American world champion Natalie Coughlin forced Zimbabwe's Kirsty Coventry to settle for a second silver in the women's 100 backstroke final.

Coventry, second-placed in the 400 individual medley, had hoped to bring some rare sporting cheer to her troubled country. American Margaret Hoelzer won bronze.

American Aaron Peirsol, double Olympic backstroke champion in 2004, returned to break the

Three down, five to go

Michael Phelps' goal of winning eight gold medals means he has a heavy workload, competing in 17 races, including heats, in less than a week. With three finals down, here's how the rest of Phelps' week shapes up:

- Tonight, 10:18 p.m.

- 200m butterfly
- Tonight, 11:16 p.m.
- 4x200m freestyle relay
- Thursday, 10:45 p.m.
- 200m individual medley
- Friday, 10:07 p.m.
- 100m butterfly
- Saturday, 10:55 p.m.
- 4x100m medley relay

world record and seize gold in the 100m backstroke in Beijing.

Fellow American Matt Grevers finished second to claim the silver while Rus-

sia's Arkady Vyatchanin and Australia's Hayden Stoeckel dead-heated for the bronze in a time of 53.18.

REUTERS

U.S. women give China a double dose

BASKETBALL The United States inflicted a double dose of basketball blues on Olympic hosts China when their women's team powered to a 108-63 blowout win yesterday.

Just 24 hours after Yao Ming and his troops were pulverized by the U.S. men, the Chinese women were

given the runaround by an American team chasing a fourth straight Olympic title.

China led 11-8 in the first quarter but the U.S. went on a 25-0 run to end the half, sparked by forward Tina Thompson, who finished with 27 points, 21 of them before intermission.

"Tina was hot, hot, hot!" said U.S. centre Lisa Leslie, a three-time gold medalist. "Tonight was Tina's night. But the crowd was cheering so hard every now and then we had to check the score ... then we went, 'Yeah, we're still up by 30.'"

Out-muscled and unable to penetrate the American defence, China resorted to launching long bombs but connected on just four of 16 three-pointers in a one-sided Group B encounter.

REUTERS

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Centres lend a hand

On-campus peer counsellors ready to help if you're feeling down

ERIC EMIN WOOD
for Metro Canada

Feeling depressed? Failing class? You're not alone — and every university has facilities to help.

"We try and make sure that students can have someone they can talk to from pretty much 10 in the morning to one in the evening if they're having emotional distress," says Farrah Issa, service co-ordinator with the Peer Help Centre at the University of Ottawa.

"On the more emotional side, we have a soundproof room where stu-

dents can come and discuss their problems in a supportive environment. We also have a phone line that encompasses the same services that operates in the evening," she says.

Students visit the centre for several reasons, says Issa. "We often get people coming in because they're lonely and haven't really been finding someone to connect with," she says. Relationship troubles are another big one.

If the Peer Help Centre can't assist a student, staff will refer them to someone who can. For instance, University of Ottawa students who wish to protest

On the web

- For more on the University of Ottawa's counselling services, check out sfuo.ca/services/peerhelp/ENHome.htm. For information on the school's Academic Appeal Centre, go to sfuo.ca/services/appeals/en/about.htm
- Carleton students can visit carleton.ca/health (Health and Counselling Services) or carleton.ca/sasc/lss_home (Learning Support Services) for more information.

a grade or exam result can visit the Student Appeals Centre.

"Basically, when a stu-

dent feels a decision has been unfairly made, for example they missed an exam day because they were sick and health services refuses to recognize the certificate that they brought because it wasn't from the on-campus clinic, they can appeal that decision," says Issa.

"There's a lot of different clubs on campus. If someone is dealing with issues regarding sexuality for instance, we'll probably say, 'Why don't you visit the Pride centre,'" she says. Other facilities offer essay correction services, or mentoring centres. "First-year students can talk to someone in

third or fourth year about some of the difficulties they've been facing," says Issa.

Students have even visited the Centre with drug problems.

"If people have drug problems and are looking to get help for that we have a list of off-campus resources," she says.

"Sometimes it's not something they want to address."



Frustration part of moving day

RAFAEL BRUSILOV
for Metro Canada

Tears, frustration and crushing traffic — all in a day's work on the busiest moving day of the year.

While the summer is already high moving season across North America, the largest number of moves happen on Aug. 31, for a couple of reasons — a large percentage of leases expire that day and it's generally one of the last guaranteed free days before the school year starts.

For people planning to move on or near that day, the strategy is simple: Get organized and booked as far in advance as you possibly can, whether you are hiring movers or just renting a truck to do it yourself.

"It's even difficult to find a rental truck. People panic and they start crying on the telephone. Book as far ahead as you can," said Frank Martin, an executive vice-president with Canada-wide moving company Premiere Van Lines.

Once you're booked, getting rid of the clutter is crucial.

"Get rid of things you don't need, because moving companies will either charge you by the hour or,



If you're moving before the school year starts, it pays to get organized and book a moving truck as far in advance as possible.

for long-distance moves, by weight," Martin said.

Pack away any loose things into labelled boxes to save time and money and remember to use smaller boxes for heavier things and save the larger boxes for lighter things, to ease carrying.

For fragile or expensive items, spend the extra dough to let a professional pack them. Most moving companies will not insure owner-packed fragile items, such as artwork,

glass or fine china, so it will probably pay off in the long run to have them packed safely and correctly by a professional crew. If you want to save on packing costs, pack the non-breakable stuff yourself.

"Packing services can be pricey, so you can have the movers pack the fragile items while you pack books and papers and anything non-breakable yourself," Martin said.

Before hiring a moving

Tricks of the trade

- Save your moving receipts and records. In some cases, you can claim these expenses on your income tax as long as you move farther than 40 kilometres.
- Keep a toolbox/first-aid kit handy as the first thing you put into, and take off, your moving truck. Keep a similar box handy for bathroom supplies and medication.

company, make sure they are licensed and bonded, meaning you can make claims against them if you are unhappy with the service and the employees have undergone background checks.

"Call for references and look for moving companies affiliated with Canada-wide organizations like the Better Business Bureau or the Canadian Association of Movers. You want to avoid the pool-hall variety of mover," he said.

For students or other people with lower budgets for moves, Martin recommends avoiding the summer months altogether as prices will be highest then. The cheapest time of year to move? January.

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Research shows that eating a healthy diet of antioxidant-rich foods can protect against breast cancer. Be sure to regularly include organic apples, blueberries, citrus fruits, cranberries and garlic in your diet. **ALIVE MAGAZINE**

Health



Foreign-born kids less active

Foreign-born children in the United States and U.S.-born children of immigrant parents get less exercise than other kids, raising their risk of obesity and other problems, a study showed yesterday. The study, led by a U.S. government researcher, found 18 per cent of foreign-born children with immigrant parents were physically inactive as compared to 11 per cent of U.S.-born children with U.S.-born parents. Inactivity is defined as having no days in a given week in which they got at least 20 minutes of vigorous exercise. **REUTERS**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Here's the BBQ grill drill

CELIA MILNE
for Metro Canada

Nothing's better than a summer barbecue with friends and family. So here's a barbecue health reminder: Don't let raw chicken, pork or beef — or the juices from those meats — touch other foods and take the sizzle out of your fun.

The danger is that Salmonella, a type of bacteria found in raw meats, can spread to foods we are about to eat.

"One of the ways that infection occurs is through cross-contamination of raw and cooked foods. This can be a common occurrence during barbecuing," says Dr. Amit Bhavsar, an expert on Salmonella at the Canadian



Salmonella can occur by placing cooked meat on the same plate that held raw meat.

Institutes of Health Research, based at the University of British Columbia in Vancouver.

A typical no-no? Slicing strawberries on a wooden cutting board that was used

for raw chicken and not cleaned properly.

Or placing cooked meat on the same plate that held the raw meat. Think of utensils as possible germ carriers, as well.

"I would even suspect using a pair of tongs to place raw chicken on the barbecue and removing the cooked meat without washing them could lead to cross-contamination," says Bhavsar.

Salmonella facts

- According to Health Canada, approximately 6,000 to 12,000 cases of Salmonella are reported in Canada each year. Because many milder cases are not diagnosed or reported, or are believed to be the "stomach flu," the actual number of infections is estimated to be many times more. **METRO NEWS SERVICE**

Salmonella poisoning can put a very quick end to an otherwise fun barbecue party. Signs of Salmonella-related gastroenteritis are diarrhea, abdominal pain, fever, nausea and muscle pain. Usually resting and drinking lots of fluids is all that is needed to recover.



Fantastic flax

NUTRITION Flax has been around since the beginning of civilization. Today, this fascinating crop grows primarily in the cool Canadian prairies and is increasingly being called superfood. Traditionally, flax fibre was used in the production of textiles, but it didn't take long for the healing properties of flax to be revealed as a remedy for blood cholesterol control, hormone balancing, superior digestion, cancer protection and beautiful skin, hair and nails.

ALIVE MAGAZINE

ADVERTISING FEATURE

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Welcoming Dr. Fuad Karim.



The Doctors and Staff of the Rideau Dental Centre are pleased to welcome our newest member to our Dental Team, **Dr. Fuad Karim**. Dr. Karim graduated from the Dental School at the University of Western Ontario. While attending Western, Dr. Karim was awarded both the **Fixed Prosthodontics Award** and the **American Academy of Periodontics Award**, demonstrating his passion and dedication for the practice of dentistry.

Dr. Karim is a general practitioner with a keen interest in **cosmetic dentistry, orthodontics and implants**. He is committed to **life-long learning** and has taken a number of continuing education courses on all of these topics. It is Dr. Karim's intention to make continuing education a priority as he believes this allows him to deliver the latest knowledge, products and

techniques to his patients, such as **Invisalign** invisible teeth straighteners.

According to Dr. Karim, quality dentistry starts with respect for his patients. He believes in patient education and feels that open communication is a key element to any treatment plan.

He is a dedicated family man, and loves sharing all that downtown Ottawa has to offer with his wife and six month old son. That makes him such a perfect fit for the Rideau Dental Centre. When he is not providing his patients with quality dental care, Dr. Karim plays competitive squash, and he enjoys skiing and biking along the beautiful Ottawa River with his family.

We are happy that Dr. Karim has brought his expertise and commitment to patient care to the Rideau Dental Centre. He is an excellent addition to our team and he looks forward to providing treatment to patients of all ages.

A productive office of one

HineSight

Anne Hines



Working from home — the ultimate dream. Well, not working at all — that would be better. And, not being at home would be good. So... Lying on a beach tended by cabana boy Brad Pitt wearing a leopard skin thong — the ultimate dream.

But, for those who haven't achieved that yet, working from home comes in a close second place.

Being a Metro columnist means spending many work days at home, writing. I'm just like Carrie in Sex and the City except without the great clothes, men, cocktails and doing anything that involves staying out past 9 p.m.

There are downsides to working alone. When everyone else is whooping it up at holiday office parties, you'll be wondering if you should take your laptop out for a festive lunch at Mandarin. And, complaining about the boss isn't nearly as much fun.

The upside is setting your own schedule. Here's mine:



Procrastinating is part of the job when you work from home.

9 a.m.: At desk, ready to work. Had great column idea last night: "Top Ten reasons to stay friends with your ex-spouse. #1. Do it for your children — sooner or later you're bound to want him to take them off your hands."

This column will write itself. Turn on computer. Surprised to find it hasn't.

9:05 a.m.: Check Internet for vital, breaking news. Whoopi Goldberg has slept with 50 different men. Doesn't say if it was all at once. Might write about that instead.

9:13 a.m.: Scan weather site in case of monsoon warning.

9:35 a.m.: Mother calls. Very annoying. Explain patiently that just because I work at home doesn't mean

I'm just sitting around staring out the window.

9:40 a.m.: Sit and stare out window.

9:45 a.m.: So bored am ready to gnaw own arm off. Telemarketer calls. He finally hangs up, claiming he has things to do. Sit pondering alternatives to working, "Living in a cardboard box under a railway pass" comes to mind.

In the end, sure the commute is great, but so are things like co-workers and someone else making the coffee now and then. So maybe, when it comes to working, "there's no place like the office."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Contract talks

Lost producer ABC Studios has quietly started paycheck renegotiations with the drama's stars, Matthew Fox and Evangeline Lilly, who each earn about \$150,000 US per episode. **TVGUIDE.COM**

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Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA



A-Rod shells out

Baseball player Alex Rodriguez has donated \$500,000 US to Madonna's Raising Malawi charity, the group set up by the pop star to support orphans in Malawi.

E! NEWS ONLINE

Panettiere's father arrested for violence

Hayden Panettiere's father, Alan, was arrested early yesterday morning at the family's West Hollywood home for felony domestic violence, sheriffs confirmed to People magazine.

"There was a domestic argument between the



Panettiere

mother and father," Sgt. Scott Wolf of the West Hollywood sheriffs said. "He got upset and struck the mother in the face one or two times

on the left cheek which caused some bruising. From what I'm told, he hit her with a closed fist. The mother called police shortly before 3 a.m., and Mr. Panettiere was taken into custody. He's been cooperative. Earlier, they were at a party and the husband

apparently felt disrespected by his wife."

On Sunday evening, Hayden hosted a benefit for the Whaleman Foundation at Eva Longoria's Beso restaurant in Hollywood, also attended by her parents. Wolf said that Alan Panettiere, 49, who has not

yet given deputies his version of events, was arrested on the felony charge instead of a misdemeanor because "there were visible signs of injury" on 52-year-old Lesley Vogel's face. Panettiere is currently in custody, pending \$50,000 US bail. **METRO NEWS SERVICES**

Presley not happy with article

PEOPLE Lisa-Marie Presley has distanced herself from an upcoming Marie Claire exclusive, accusing magazine bosses of simplifying a heartfelt interview she gave the publication, femalefirst.co.uk reports.

Presley offered the magazine exclusive pregnancy shots, taken by friend Davis Factor, and sat down for a three-hour chat.

But she's far from happy with what the magazine's editors have done with her candid interview.

"I gave a three-hour heartfelt interview and what became of it was quotes that were usually about something else entirely in the conversation, grossly simplified and taken way out of context and sprinkled randomly and erroneously throughout the two pages," Presley wrote in a blog.

METRO NEWS SERVICES

DVD picks

Smart People

Director: **Noam Murro**

Stars: **Ellen Page, Dennis Quaid**

Rating: **14A**



HOW UNFORTUNATE for Ellen Page that the terminally dull Smart People follows so soon after her breakthrough success with Juno. Her obnoxious Young Republican Vanessa seems like a nastier

version of Juno MacGuff, minus the teen pregnancy. To those unfamiliar with her many varied roles in Canadian films she could seem a one-trick pony.

The film's sole spark is provided by Thomas Haden Church.

Church also gets a few grabbers in amongst the nine deleted scenes, which are good enough to suggest that better edit-

ing would have improved the film.

WarGames: 25th Anniversary Edition

Director: **John Badham**

Stars: **Matthew Broderick, Ally Sheedy**

Rating: **PG**



BARELY A WEEK goes by when we don't

hear of a hacker breaking into a "foolproof" computer system. It always brings to mind WarGames, the 1983 techno-thriller that seemed fanciful 25 years ago, but which today stands as prophecy.

The filmed stars a young Matthew Broderick and Ally Sheedy as teenagers who tap into NORAD's computer, inadvertently starting a World War III countdown. WarGames

was made before the Internet was a media slut, and before everybody and their dog had a blog.

There was no World Wide Web in 1983, and Soviet Union was still intact, as was the Cold War.

Broderick and Sheedy hack into NORAD's nuclear missile silos using a primitive, text-only computer, with a modem that requires acoustic cups.

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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	The Great Warming		The View From Here		Losing It		A World Without Water		View From Hr
211	331	3	GYT	ET Canada	Entertainment	Wipeout		Big Brother 10		In Plain Sight (N)		News (N)
-	-	5	SRC	Chine	La Zone olympique (N) (SC)			Le Téléjournal	Les XXIXe Jeux Olympiques d'été (En direct)			
209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Supernanny		Sarah Connor Chronicles	Without a Trace (HDTV)			News (N)
196	311	7	CTV	TMZ (N)	Jeopardy!	Canadian Idol	Robson Arms	Without a Trace		Law & Order: SVU		News (N)
206	303	8	CBC	(6) XXIX Summer Olympics (HDTV) (Live)		From Beijing. Swimming, finals; gymnastics, women's team final; baseball: Canada vs. China. (Live)						
-	360	9	NBC	Wheel-Fortune	Jeopardy!	XXIX Summer Olympics (HDTV) (Live)						
117	713	10	TVA	Les Anges de la rénovation	Km/h (SC)	Caméra café	La Grande Évasion (HDTV)			TVA 22 heures Sucré-salé		Complot-ville
-	-	11	QS	Ste-Madeleine	Chemin du golf	Virée d'enfer *** (2001, Suspense)	Steve Zahn.			Cent dix pour cent (SC)		Journal du soir
137	763	12	TFO	Panorama	Les Éclaireurs	Tourments de l'histoire	French cancan *** (1955, Film musical)	Jean Gabin.		Geographic		
-	362	13	CBS	Dr. Phil		NCIS "Stakeout" (HDTV)		Big Brother 10		Without a Trace (HDTV)		Two/Half Men
216	395	14	OMN2	Law & Order: SVU		News (N)		King		King		Cold Case
214	344	15	CITY	Friends	Hollywood	Hell's Kitchen		Reaper "Greg, Schmeg"		Reaper "Unseen"		News (N)
115	343	16	CFMT	Two/Half Men	The Simpsons	The Simpsons	Viwers II	News (N)		The Simpsons King of the Hill		Metropia
218	345	18	ET	The Insider (N)	ET News	Real Housewives	Simple Life	Kardashians		Pam: On Loose Sunset Tan (N)		News (N)
-	351	20	ABC	News (N)	Entertainment	Wipeout		Wanna Be? (N)		Primetime: Medical Mysteries		News (N)
512	396	24	CPAC	Tête-à-tête	Beyond Póli	À la une		Dossier public				À la une
651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
-	365	26	FOX	TMZ (N)	Seinfeld	House "Alone"		Sarah Connor Chronicles		News (N)		News
-	-	64	PBS	Business Rpt.	Energy	Nova (DVS)		Wide Angle (N)		P.O.V. (N)		Tavis Smiley
205	312	104	CTV	Hollywood	TMZ (N)	Canadian Idol	Robson Arms	Without a Trace		Law & Order: SVU		News (N)
502	390	26	NBC	CBC News	Beijing Today	Assignment: Beijing		CBC News: The National		CBC News: The National		National
500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
406	417	27	net	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.						Sportsnet Connected (Live)		Sportsnet Con.
126	730	28	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal	Chine	Le Téléjournal		Le Téléjournal
400	280	30	TSN	XXIX Summer Olympics (HDTV) From Beijing. Beach volleyball, men's; basketball, men's; boxing, (Live)								SportsCentre
410	403	52	SCR	Stump-Schwab	Stump-Schwab	EPL Retro		Football Factories		Score Tonight		Stump-Schwab
411	457	56	OLN	Exploration	Videos	Survivorman		Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
554	544	48	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Tank Girl * (1995, Science Fiction), Ice-T		
557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han, Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	Malcolm-Mild.	Frank Patrol	Goosebumps	Goosebumps	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
570	580	29	MM	mimtop	Uncovered	Listed		Madonna: The Wild Angel		Hogan Knows	Hogan Knows	Listed
516	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner "Rag Dolls"		The Cleaner (HDTV)		The Cleaner
628	584	32	SPKE	CSI: Crime Scene Investgtn.		CSI: Crime Scene Investgtn.		Star Wars: Episode I -- The Phantom		Menace ** (1999, Science Fiction)		
521	560	34	TLK	What Not to Wear		Say Yes-Dress	Reception	Must Love Kids (HDTV) (N)		What Not to Wear		Say Yes-Dress
516	761	35	TV5	Tout une histoire		Pas bête		La Prophétie d'Avignon		De virtuel à réel		Journal TV5
616	521	39	SHO	ReGenesis (HDTV)		Blue Murder		Trailor Park	Kenny-Spenry	House		House
620	523	40	BVO	Bazart	Bravo!Videos	A Little Bit of Elvis		Rockability 514		Live at the Rehearsal Hall		Law & Order
520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Mighty Ships "Henry Larsen"		Deedliest Catch (N)		Daily Planet
575	583	43	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
601	562	45	SLC	End of Leash	Tit Debt-Part	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
624	546	46	COM	Air Force	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore Show	Daily Show
294	529	47	TBS	MLB Baseball Chicago Cubs at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Family Guy	Family Guy	Seinfeld
600	564	49	H&C	Game Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		Blood Ties (DVS)		Battistari Galactica		Stargate SG-1
581	566	53	MTV	Next	Cribs	Canada's Next Top Model		From G's to Gents		From G's to Gents (N)		MTV Live
618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
522	506	55	HIS	NCIS "Family Secret"		Cities of the Underworld		Cities of the Underworld		NCIS "Family Secret"		Crime Stories
129	773	60	CD	Biographies "Claude Mailhot"		Pris au piège (HDTV) Katrina.		Les Moments étonnants de la		Autopsie Accident.		Video
261	394	61	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Jozhi-H (DVS)		China's Leap
602	567	62	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
269	530	70	APTN	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	Circle of Voices		Suagan
621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	Madonna	Look-A-Like	Look-A-Like	The Ellen DeGeneres Show		Madonna
603	561	95	FN	Grill It-Play	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant

critics' corner

South Park

Remember seeing those pictures of smokers' lungs in health class? Or maybe your school didn't get into that much detail and just held an anti-smoking assembly, like in this episode, "Butt Out." After the presentation, the boys decide to give smoking a try. They're caught and become the focal point of director Rob Reiner's anti-tobacco campaign. 9:30 PM on 46 COM



Rockability 514

Montreal residents sure do love their rockability. For those who don't know what that is, it's a musical mix of country and rock (think Elvis). This special highlights a select group of people as they try to put together and participate in a huge festival featuring rockability artists of the past and present. 9 PM on 40 BVO

The X-Files star Gillian Anderson prefers to get around on London's subway system, because, according to her, she doesn't attract unwanted attention. **IMDB.COM**

Celebrity Buzz

Eva Longoria: Starter hubby had tough go

RELATIONSHIPS Eva Longoria Parker has admitted she was a bad wife to her first husband Tyler Christopher, **imdb.com** reports.

The *Desperate Housewives* star wed the U.S. soap actor in 2002, but their marriage only lasted two years.

And the star confesses she wasn't the dutiful

wife she is to her second husband, basketball star Tony Parker, insisting she was too young for marriage.

"He was a lovely man, but I was very young," she says. "I didn't

know who I was, and I was still struggling as an actor.

I was a terrible wife."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Shia with the ladies

DATING Actor Shia Labeouf is convinced he's unlucky with women, because he's not a typical Hollywood playboy, **imdb.com** reports.

The *Transformers* star, 22, admits he's become a hit with the ladies since his sudden rise to fame with roles in a series of box-office smashes this

summer, but insists he has yet to perfect his pickup lines.

"I'm enjoying myself," he says.

"But I'm not great with women, dude. I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'OK, back to my room.'"

"I've never been that way. It's not my presence, I just can't do it."

"But it's not been a priority of mine for a while."

METRO NEWS SERVICES



celebrity brief

'Homewrecker' seeking bailout

CAREER Sienna Miller has reportedly begged her married lover to help save her Hollywood career, **femalefirst.co.uk** reports.

The actress is said to be terrified film bosses will avoid working with her because she has been branded a "homewrecker" since she started dating actor Balthazar Getty.

Miller has reportedly asked Getty to try to convince his estranged wife Rosetta to release a statement confirming their marriage was over before he started dating Miller.

"Sienna is being portrayed as a femme fatale and fears for her career because Hollywood hates a

homewrecker," a source told Britain's *News of the World*. "She hopes Balthazar can get Rosetta to put out a statement saying their marriage was already over."

METRO NEWS SERVICES



Keira talks sex with ma

FAMILY Actress Keira

Knightley has revealed she talks frankly about sex with her mother, the *Daily Mirror* reports. Knightley, 23, described her playwright mother Sharman Macdonald, 57, as a "chilled-out hippy."

"Mum and I would always talk about sex," Knightley said. "She'd come up to my room, have me roll her cigarettes and then tell me I had to have one with her."

"It's not the typical mother-daughter thing, but but we're extremely close."

METRO NEWS SERVICES



Knight, partner thinking adoption

ADOPTION Grey's Anatomy star TR Knight and his partner are reportedly planning to adopt a child, **femalefirst.co.uk** reports.

Just six months into their relationship, 35-year-old Knight and 19-year-old student Mark Cornelsen are exploring possibilities and watching closely as friends try to adopt a child.

"One of our friends is in the middle of it right now, and it's been fun to see the whole process," Cornelsen says.

METRO NEWS SERVICES



celebrity briefs

Minnie might dump daddy

FAMILY Pregnant Minnie Driver says she's not sure if she will stay with her child's father, the *Daily Mail* reports.

The actress — due any day — hasn't revealed the baby's father. "I don't know if I'll stay with the guy," she told the *New York Post*.

METRO NEWS SERVICES



It's solo status for Julia Stiles

RELATIONSHIPS Julia Stiles has split from her artist boyfriend Jonathan Kramer, **imdb.com** reports. The pair, who dated for more than two years, are citing "irreconcilable differences."

And the actress doesn't seem to be dealing with it too well, after she reportedly lashed out at fans in New York who she thought were taking snaps of her. However, Stiles' representative denies the actress was aggressive.

METRO NEWS SERVICES

J.J. SAID IT WOULD!

J.J. Clarke

WATCH OTTAWA'S WEATHER LEADER



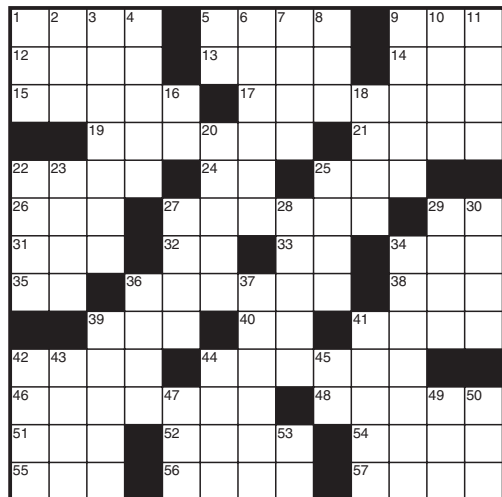
CTV NEWS
Weeknights 6:00

Tying the knot

Kate Moss may be planning to marry her boyfriend Jamie Hince in December. The supermodel reportedly told friends the pair will tie the knot in Ireland after postponing plans to marry this summer. **FEMALEFIRST.CO.UK**



Take Five



Crossword down

- 1 However
- 2 — you sure?
- 3 Eagles and hawks
- 4 Post-sneeze word
- 5 UK
- 6 Force through
- 7 Lean against
- 8 Remote
- 9 Short and thick
- 10 Ache
- 11 Whisper loudly
- 16 Brief query
- 18 Stingy
- 20 Homer opus
- 22 Course finale
- 23 Extra dry
- 25 Splinter group

- 27 Faint trace
- 28 Beatrice's admirer
- 29 Costa —
- 30 Seaweed derivative
- 34 Ornate fabric
- 36 Modicum
- 37 Man on a date
- 39 To the third power
- 41 Poker pair
- 42 — noire
- 43 Comet, to an ancient
- 44 Water, to Pedro
- 45 Tao — Ching"
- 47 Sinbad's transport
- 49 Cable channel
- 50 Smidgen
- 53 True

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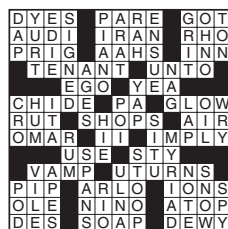
Crossword across

- 1 Zinger
- 5 The "— Spee"
- 9 Librarian's warning
- 12 River in Russia
- 13 Rum-soaked cake
- 14 On the — vive
- 15 Portable home
- 17 Undertones
- 19 Casual top (hyph.)
- 21 Grabs a bite
- 22 Southwestern art center
- 24 Behold!

- 25 Practiced Zen
- 26 Screw things up
- 27 Secret
- 29 Nile sun god
- 31 Family nickname
- 32 Midwest st.
- 33 New car option
- 34 Kindhearted
- 35 Gridiron stat
- 36 Hit the Tab key
- 38 NEC competitor
- 39 Camp bed

- 40 Map abbr.
- 41 Go hang-gliding
- 42 Spell
- 44 Acid in vinegar
- 46 Blockade
- 48 Precise
- 51 Golf ball stand
- 52 What we have
- 54 Millay or Ferber
- 55 Call it quits
- 56 "Julius Caesar" role
- 57 Cell phone button

previous day's answer



This day in history

- AUG. 12, 30 B.C.: Cleopatra commits suicide after her lover Mark Antony's defeat at the battle of Actium.
- AUG. 12, 1833: Chicago was founded.
- AUG. 12, 1851: Isaac Singer granted a patent for his sewing machine.
- AUG. 12, 1908: First Model T Ford built.
- AUG. 12, 1964: South Africa is banned from the Olympic Games due to the country's racist policies.
- AUG. 12, 1981: The IBM Personal Computer is released.
- AUG. 12, 1990: Sue, the most complete skeleton of a Tyrannosaurus rex, is discovered near Faith, South Dakota.

IT'S ALL ABOUT THE BUZZ.

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WORDY GURDY



HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

previous day's answer

7	4	3	5	9	6	1	2	8
5	9	6	1	2	8	4	7	3
8	2	1	7	4	3	6	9	5
4	7	2	9	5	1	8	3	6
3	6	5	4	8	2	7	1	9
9	1	8	6	3	7	5	4	2
6	3	4	2	1	5	9	8	7
2	5	9	8	7	4	3	6	1
1	8	7	3	6	9	2	5	4

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A relative's absurdity reaches new heights. People in charge will raise roadblocks. Someone has played hard and lost the game.

TAURUS

APRIL 21-MAY 21

A scoundrel tries to cheat a current playmate. Someone makes an unscheduled departure. Rely on yourself to fulfill your own needs.

GEMINI

MAY 22-JUNE 21

Illness will cancel certain plans. An absurd talk will please you. Don't push too hard for a complete disclosure.

CANCER

JUNE 22-JULY 22

Bizarre behaviour gets stale fast. Contact someone to collect a family photo. A compulsive talker tells you about a delay.

LEO

JULY 23-AUG 23

A flirtation is a win-win situation. Precious moments will lighten your mood. A bewitching person changes your plans.

VIRGO

AUG 24-SEPT 22

Someone will try to deceive you. Be realistic about your expectations. A confession will change your attitude.

LIBRA

SEPT 23-OCT 23

Do the right thing, in spite of your issues. A headache results from being too serious. Find an easier way to become well-known.

SCORPIO

OCT 24-NOV 22

Don't rush into a difficult situation. Be calm when dealing with an agitated person. If you sidestep a problem, it will just go away.

SAGITTARIUS

NOV 23-DEC 21

Control the tendency to be outspoken. Tact is needed to deal with an erratic woman. Profit is made from an unusual venture.

CAPRICORN

DEC 22-JAN 20

Someone will ask you to escape more often. Make amends for a wrongful act. Ditch a parasitical friend.

AQUARIUS

JAN 21-FEB 18

Start pampering yourself. Mischief-making leaves someone else holding the bag. You'll get a lucky break and enjoy abundance.

PISCES

FEB 19-MAR 20

A job-related issue needs fine-tuning. Passion takes a back seat to practicality. Kindness allows you to escape from misery.

Sudoku

9	3						5	4
			7	9			2	
4			2		5			
6				7			1	4
				1				
	2	5		3				6
			8		6			2
		8			1	6		
5	7						1	8

17-21: Smart
21-25: Not bad
25+ Keep practising
[more games metronews.ca](http://moregames.metronews.ca)

Ottawa weather

Afternoon



Partly cloudy.
23°

Tonight



Variable.
14°

Wednesday



Variable.
21° / 9°

Thursday



Partly cloudy.
23° / 11°

Friday



Partly cloudy.
22° / 14°



Temperature
Normals
High: 25.7°
Low: 14°

Records
High: 35°/1947
Low: 6.7°/1946

Sunrise: 6:00 a.m.
Sunset: 8:13 p.m.
Moonset: 1:16 a.m.
Moonrise: 6:04 p.m.

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(613) 238-7533

Cellular Unlimited
3069 Carling Ave.
(613) 820-7782

Wireless Zone
1465 Merivale Rd.
(613) 224-9222

Wireless Express
203-205 Richmond Rd.
(613) 724-2674

BARRHAVEN

Wireless Express
RioCan Marketplace
130 Riocan
(613) 823-9240

CORNWALL

Wireless Express
Cornwall Square Mall
1 Water St. E.
(613) 936-2083

GATINEAU

Promenades de L'Outaouais
(819) 561-3031

360, Boulevard Maloney Ouest
(819) 663-8580

442 Saint-Joseph Blvd.
(819) 776-4377

GLOUCESTER

Wireless Express
Gloucester Centre
(613) 842-7285

KANATA

3C
Kanata Centrum Mall
(613) 599-9690

Wireless Express
Hazeldean Mall
(613) 271-1153

KINGSTON

Wireless Express
Kingston Centre
1096 Princess St.
(613) 546-6043

Wireless Express
Cataraqui Town Centre
(613) 634-9897

Wireless Express
122 Princess St.
(613) 549-0315

ORLEANS

3C
2020 Lanthier Dr.
(613) 590-1166



PEMBROKE

Future Communications
670 Pembroke St. W.
(613) 732-1602

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1 Doran Rd.
(613) 687-2867



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Carlingwood Mall
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Place d'Orleans
(613) 590-2237

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St. Laurent Shopping Centre
(613) 746-8546

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